



Letters of Hope
2023:
A YEAR IN
REVIEW



SWIPE →

In 2023, we:



Sent 2,000 Letters of Hope

to those struggling with their mental health, packed with kind words, coping strategies and helpful mental health support contacts.



Improved the mood and helpseeking behaviours of our letter recipients

85% of letter recipients felt happy, very happy or extremely happy after reading their Letter of Hope (*compared with just 16% prior to receiving their letter*), and 76% of letter recipients were somewhat likely, likely or very likely to seek further mental health support (*compared with just 42% prior to receiving their letter*)



Saved 3 Lives

3 Letters of Hope letter recipients reached out to let us know that their letter saved their life.

In 2023, we:



Onboarded 600 new volunteer letter writers

Many of whom have lived experience themselves, and are finding a sense of healing and purpose through volunteering for us. We ran **4 virtual events** to socially connect our volunteers.



Connected with over 10 stationery donors

Which allowed us to give our volunteers access to free stationery to use for their letters.



Partnered with 22 Businesses, Community Groups & Schools

Who ran letter writing activities for their people and donated Letters of Hope to us.



Spoke to 260 school students

About the important role that kindness, compassion and social connection have to play in mental health prevention and recovery.

We featured on/in:



THE JOLLY TIMES

Through our Hope@Work Programs, we:



Worked with over 20 Workplace Clients

To support their workplace mental health and wellbeing strategies through the lens of lived experience.



Trained & Accredited over 185 Mental Health First Aiders

And increased their confidence in responding to mental health concerns in the workplace, leading to lifechanging conversations.



Delivered 25 Speaking Engagements & Letter Writing Workshops

And received incredible feedback from participants which indicated improved mental health literacy, a sense of connection and improved confidence in supporting someone they are concerned about.

But that's not all! We also:



Received over \$3,500 in Donations

From generous, selfless donors who believe in our mission.



Were a part of Impact Boom's Female Founders Forward (FFFWD) Program

Where our founder, Abbie Williams, learnt key skills to ensure Letters of Hope's growth and sustainability and pitched our Hope@Work Programs to 150 people.



Planted 200 Trees

For every 10 Letters of Hope sent, we plant a tree with One Tree Planted.



Attended the A2ELP Emerging Leaders Program

After being selected as 1 of 5 social enterprises to represent Australia in 2022.



Became a Certified Social Enterprise

In addition to being a registered Mental Health Charity.

*And then there's the stuff that you
just can't put into words or
numbers...*

- The tears and goosebumps that our volunteer's letters bring
- The countless messages we receive from people who have experienced improved mental health after following our journey
- The invaluable partnerships, connections and relationships that we have forged which will make a difference for years to come
- The lifechanging conversations that have been sparked as a result of our initiative
- The power of a simple, yet lifechanging, act of kindness.

To those who have supported our journey this year. From the bottom of my heart, **THANK YOU**. I had to pinch myself when I pulled this post together because we have made such an impact over the last 12 months. I can't wait to see what 2024 will bring.

Abbie x